

BRIDGES

CITY NEWS

Anne Nessen's Mount Royal Collegiate class gives hope to Malawi **P.14**

ON THE SCENE

Saskatoon Summer Players turns 50, but there's still plenty of pep in its step. **P.18**

GARDENING

Seed catalogues arrive in time to give hope for spring **P.23**

WEDNESDAY, JANUARY 8, 2014

A STARPHOENIX COMMUNITY NEWSPAPER

SASKATOON IS COOKING

WHY TOP CHEF'S LIKE DALE MACKAY ARE PUTTING THIS GROWING CITY ON THE FRONT BURNER **P. 8**



FREE

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ON THE COVER PG. 8



World's oldest celebrity chef (left) Mike McKeown (right) is the father of the boy who is the subject of the article. Mike McKeown & Bar named after his son. PHOTOS BY PHOTO BY MICHELLE BEERS

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Student Royal College student Melissa (left) is busy looking to donate to the Hope for Malawi project in Malawi. The class which will send the students to a village in Africa for school girls to wear so they can attend class. PHOTOS BY PHOTO BY MICHELLE BEERS

BRIDGES COVER PHOTO BY MICHELLE BEERS

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FASHION

What's your winter style?
Send a note to bridges@thestarphoenix.com

#SASKATCHEWAN FASHION

Bloggers give tips for men's winter fashion

By Angelina Irimaci

Last July Curtis, 31 and Graeme, 30, Drummond started on *W: The Trocadero*, a lifestyle blog for men with a focus on fashion. Although the masses live in different cities (Curtis in Saskatoon, Graeme in Calgary), their underlying love for fashion keeps them connected. Their passion for menswear is infectious, that's why Bridges wanted to share some of their knowledge with readers. We enlisted their help so men can do what seems impossible during the dead of a Saskatchewan winter: stay warm while being stylish.

Q: What's your No. 1 tip on dressing well, yet practically for a Saskatchewan winter?

A. (GRAEME) Being cold is not cool. You have to take care of yourself. You just want to layer up, generally instead of wearing a dress shirt and tie, throw on a flannel and have something underneath. Any layer is going to provide some warmth.

(CURTIS) Layering is the key for sure. It looks good to just throw on a cardigan or sweater underneath before you put the next layer on. To complete the look you want each layer showing so that you're not just looking like a bulky mess underneath your jacket.

Q: What about footwear? Can you wear a nice pair of dress shoes or boots in the snow?

A. (CURTIS) The only thing you have to be careful of with guys' dress shoes in general is that they're not made with any grip—like all of them at Able—and I'm sure at other places—you can buy them in almost stores with added grip on them. So you just throw those on the bottom of anything. And so always have extra socks on, so go with a thick wool or knit sock. It doesn't really matter what shoes you have on, your feet are going to be warm regardless.

(GRAEME) In more casual situations you can get away with wearing—like Sorels have really come around or a duck boot, to keep your feet dry.

Q: Any other personal tips for staying warm and stylish?

A. (CURTIS) A lot of guys now, deciding for the season as far as the materials they put on. For instance, in the summer on a super hot day and you've got to wear a suit, you're not going to go to your friend or your mom, you should be putting on something like a sweater or something that can breathe. The same goes for winter—you go to your kids and your friends and heavy wool socks rather than you're slippery like a silk let cold.

(GRAEME) Pick up a nice dress coat. Not a nice winter pea coat or a long bag coat. Nothing means a professional look when you've got your nice suit and then your nylon, dress styled jacket (jackets).

Outfit: Curtis

1. JACKET: RW & CO "It was bought by Graeme and it was too big for him" (before I asked about it) Graeme adds

2. DENIM SCARF: Scotch & Soda "I was just too expensive. Sometimes you're standing at the cash register and you're like, 'hey that's a nice scarf.' I think that's where I checked the receipt later. It was \$75."

3. VEST: Scotch & Soda "It came with a suit coat that I bought from them. They actually do that with a lot of their winter jackets you buy. It comes with a matching piece right underneath it."

4. JEANS: Winners Jack & Jones

5. BOOTS: Salvage by Piven

Graeme

1. CARDIGAN: Topman

2. COAT: Topman

3. GLOVES: Curtis's cousin's (friends)

4. PANTS: H&M Value Village "It's a real good thing you can find there."

5. BOOTS: K. Studio "I have no idea where I got them. I wear them all the time and just seem to have the crap out of them."

6. SAIL: (Curtis) Alexander



READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#BERNARD FLAMAN

Architecture of Saskatchewan: A Visual History 1930-2011

Architecture is not the first thing we think about when we think of Saskatchewan. You have the exceptional Edwardian Classical style Legislature Building and the superb collection of Collegiate Gothic style buildings of the University of Saskatchewan, but there were all constructed prior to the First World War and represent the so-called "Revival" styles in architecture (Gothic, Classical, Romanesque, etc.). Also, this time period, ending around 1918, was dominated in the 1880 book *Historic Architecture of Saskatchewan*.

It was 18 years ago when the idea of a followup to *Historic Architecture* was first discussed. The "story" is about the arrival of Modern archi-

tecture. Initially, the editorial direction focused on the profession itself, telling the story of the profession's architectural firms, but this shifted so the book was being developed to a focus on the buildings. It would convey the evolution of architecture over an 80-year period through a series of exceptional archival and new photographic images, supplemented by a few architectural drawings.

The primary goal of the book is to engage a public audience in a discussion and appreciation of architecture to really look at the buildings that are all around us, ones that we see on a daily basis and may appreciate, but ones that we may not know anything about.



Bernard Flaman

A benefit of this appreciation will hopefully stem the loss of buildings from the modernist time period, a loss that is taking place at this moment.

It is an important period historically and the buildings, as many cases, were exceptionally well designed but they are being demolished one by one, or renovated out of existence. Several important examples have disappeared even while the book was being researched and written.

The book, I believe, by its visual nature, is an aid with the realities of a printed book to the one of electronic media. A more purely text-based publication would be more suited to a mobile device or a website. I really wanted this book to be a beautiful artifact that someone would want to own and experience or perhaps give as a gift. It is also an aid with what



we, as architects, do best, we do, as a group, more visual than literary, and with *Architecture of Saskatchewan* we are adding to our strengths of memory and a compelling image for the province's best architecture.

This book is available at all the bookstores in Saskatchewan and on line at ultrapress.ca.

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MY FAVOURITE PLACE BEST OF 2013

We hope readers get inspired after reading My Favourite Place. What better way to learn about the unique, fun and interesting places in the city than from those who find them truly special. We learned where to go when you want to be at the lake but are stuck in the city (RelaxaPark), how one person can save the world (RelaxaPark), a peaceful place to meditate and so much more. Here are the best photos to illustrate the best places in the city we learned about this year.

BRIDGES PHOTOS BY MICHELLE BERG

Chief
 Charles
 canoes on
 the river
 by Relaxa
 Park. An
 awesome
 place in
 Saskatoon



Gedone Olsen and Karen Mager on the benches outside what used to be the site of McDonald's restaurant on 20th Street and Second Ave. their favourite place to hang out downtown Saskatoon



RelaxaPark is the place to go to see the best place in Saskatoon at least once a year



Spit Hards does some tricks at every landing, his favourite place to give fun in Saskatoon



Shannon Gormley's team at the Saskatoon-Peeling Club, her favourite place in Saskatoon



Alongside the city lakes, meditative walks through the landscape of the Peace View Cemetery

ON THE COVER

We didn't come here to be the big guys on the block. We came here to be a part of Saskatoon. — Dale MacKay

#DALEMACKEY

Celebrity chef keeps Saskatoon cooking

By Jenn Sharp

On Dale MacKay's 35th birthday he bought a one-way ticket to Vancouver; he had dropped out of school in Saskatoon the year before. It could have gone terribly wrong, but it was the starting point for his celebrity status as a top chef.

School was never his thing. He says he "grew up way too fast in everything."

Leaving home was MacKay's chance to prove his worth, while living with his two older brothers.

"I wanted to be close to my brother, so I wanted to work. I wanted to get on with things."

His career has been a whirlwind of accomplishments. A young gun left turned rock star chef in some of the world's best kitchens, a stint in London with Gordon Ramsay to open new restaurants in Tokyo and in New York.

After that Executive chef at international restaurant, Daniel Bessada's *Louise* in Vancouver for four years. In 2011, MacKay won Top Chef Canada's first season, a talent now pettiness that pits culinary hopefuls against one another in a pressure cooker environment.

That same year he opened his first restaurant, *Resemble*, in Vancouver's emerging Top Chef's \$100,000 prize into the venture. *Resemble* followed soon after.

In a city with some of the highest rents in North America, fickle taste buds can break a restaurant. One mistake they have you real are lined up around the block, helping you cover the \$10,000 a month rent. The next, they're on to the next day, less me you wondering what happened and in the end.

In 2012, MacKay made the leap decision to bid his restaurant. The next after *Resemble* closed, he signed contract to the Vancouver Sun.

"I'm pretty and but at a certain point you have to make rational decisions. If the numbers aren't working and you don't have enough



Chef Dale MacKay moved to Saskatoon from Vancouver to open his new restaurant Appleton Kitchen & Bar. **PHOTOS: PHOTON NEWS/STAFF**

capital. I'll never put myself in a position where I couldn't take care of my staff."

Over a year later, he knows the decision was the right one.

I could have stayed there over 30 years and hoped to start profiting and properly profiting in the fourth

or fifth year, but why bother when you can live a better quality life somewhere else?

That doesn't mean he doesn't love Vancouver: he just realized quality of life and a successful business don't go hand in hand there like they do in Saskatoon.

We didn't come here to be the big guys on the block. We came here to be a part of Saskatoon," says MacKay.

♦ ♦ ♦ ♦

MacKay 34, is as unpretentious as they come. He heads home in time, but

gracefully and has words quick as he talks openly and candidly about why he chose to leave home to open Appleton Kitchen & Bar.

"I've taken lots of setbacks. I love setbacks because it changes me every time and I think about before I had this setback, now I was an idiot."

This restaurant would be busy in Calgary or Vancouver or Toronto. I think the bar has been set really high here — Dan Clapson



Dan MacKay and his son Dylan, who the restaurant was named after, use the meat grinder. STAFF PHOTO BY WENDY ROSE

MacKay is confident and outspoken when it comes to his food. He's friendly but he doesn't have time for nonsense. Like most good chefs, he is a master multi-tasker, a necessary skill to coordinate and execute the numerous courses served throughout an evening.

It's not uncommon to see him moving foods within Apple's stylish and error-free kind of place — you can feel it home during the day on your to-go or come back at night as a dress.

For MacKay and the team that moved with him from Vancouver, the future at Apple Nord for his 11-year-old son who can often be spotted filling orders alone and has had as the open concept kitchen, the casual fine dining spot opened on Third Avenue South on Nov. 15 after months of speculation and anticipation.

After Apple's opening, MacKay made the

retained media friends, constantly dropping clues for Saskatoon. Promoting the Apple City is something he's always done, though.

"Even when I was living in London, I used to promote this city out of Saskatoon. And nobody knew where it was. I'm a proud Canadian, but even more so a proud Saskatchewan," he says.

A series of promotional videos for Apple show the farm-to-table concept that MacKay hopes will help educate the rest of Canada about Saskatchewan's local food bounty.

"We want to bring lots of exposure to Saskatchewan."

It was his love for this city and the people here that brought him back. In the past when MacKay returned home, he'd notice a change in himself.

Continued on Page 10

Authentic Amish Cooking



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Meatloaf

2lb. Hamburger
2T. Salt
1/2 Cup
1/2 Sage
Topping
4T. Ketchup
1T. Shale

1 Egg, beaten
1C. Onions
1C. Tomato Juice
1/2 Breadcrumbs

4T. Brown Sugar
2T. Mustard

Mix all together and bake in loaf pan in 350° for 1 hour. Add topping and bake a little longer.



Country Carrot Soup

1lb. Ground Beef
2 cups Cream of Celery Soup
2C. Dried Carrots
1 Bay Leaf
1/2 Dried Marjoram
1/2 Garlic Powder

1/2C. Chopped Onions
3C. Tomato Juice
1C. Water
1/2 Sugar
1/2 Salt
1/2 Pepper



Brown hamburger and onion together, drain. Stir in all ingredients in order. Simmer 15 minutes.

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We were hoping at the time it would work really well with them demolishing the building, and it did... it kinda cleaned up the whole block — Amedeo Vallati

"Whenever I'd come here, I'd feel alone. I didn't have that in Vancouver."

He'd also gone two years at one point without seeing his family (he has two sons and a nephew here).

"We have to decide what's most important."

From the business side, he's also letting the fate sit right to reveal in Saskatoon. The rest is a fraction of what he'd pay in Vancouver and with a strong downtown lunch crowd, he's not worried about making a go of it here.

Despite the large number of restaurants here, there's less competition due to the fact no one (yet) does it quite like MacKay. However, food enthusiasts sample quality ingredients that melt familiar tastes with hints of global flavours. The menu is a mix of classics, with a dose of old-world flare. Alongside a hearty sausage pizza and boudin noir pasta are also truffle tartare and duck confit.

According to one of Calgary's respected food writers (and Saskatoon native) Dan O'Connell, MacKay is looking off a trend in Saskatoon for casual fine dining.

"This restaurant would be busy in Calgary or Vancouver or Toronto. I think the bar has been set really high here. I'd be scared to be opening a restaurant two months before launch," O'Connell says.

O'Connell refers to what happened in Calgary in the 1980s as not money and disposable income flooded the city. A Saskatoon trend is now happening in Saskatoon.

"When you come here like this explodes," he says.

He's even heard from several restaurants in Calgary who say they want to move to Saskatoon.

"They keep us hearing rumblings of Saskatoon having a bigger and bigger food culture. They want to get in before it's too late."

■ ■ ■ ■

There's long been a stigma attached to Saskatoon when it comes to food. We've been known for poutine, meat and potatoes and little else. Just as some write off Saskatoon as being boring, so too do they write off our culinary scene.



Chef Amedeo Vallati handles some meats and sausages in Saskatoon kitchen. Vallati's photo by Michael R. 2006

While this is far from the truth — many Saskatoon chefs have been breaking the mould for years — MacKay wants to push that "meat and potatoes town" stereotype into the ground.

"We come here to help push Saskatoon's food scene and change some of the stigma that goes on about Saskatoon."

But first, he has to encourage his local diners (who can be fickle on MacKay wants to push that "meat and potatoes town" stereotype into the ground).

Franchises have built trust over many years, explains MacKay. Many are Saskatoon institutions where people are comfortable spending

their money because they know what to expect.

"You have to prove yourself," he says. "We want to build trust."

MacKay is not alone in that struggle. Solly, four Saskatoon, estimates closed in 2013, three of which, Westerra, The Mohai and Sordano, were well established.

However, new eateries are popping up downtown faster than any one can keep track.

Belongs Trifurca, an authentic Italian restaurant, opened on See and Avenue in July.

"Downtown was starting to evolve (when I got here) I saw an opportunity at this location. Saskatoon needed a real, authentic Italian restaurant so off we went," says en-

trepreneur chef and proprietor Amedeo Vallati.

Located in a space formerly occupied by Olympia, the restaurant was flipped from a diner to a high-end eatery astonishingly quickly.

Vallati, a man with a beard, brought him to Saskatoon — she has been here — but he's glad he came. Shortly after the move, the second location space became available. He references the McDonald's closure that happened a month after he began opening.

We were hoping at the time it would work really well with them demolishing the building, and it did... it kinda cleaned up the whole block."

Vallati, who was born in southern

Italy moved to Canada as a teenager. He fell in love with cooking thanks to his grandmother, who taught him how to bake bread and make homemade pasta and sausage. He later returned to Italy to obtain his masters in Italian cooking before opening a restaurant in Montreal and later in Halifax.

He says Saskatoon is more than these restaurants, such as Montreal and the Montrealers, something he found disappointing.

"It's more the meat and pop restaurants (there), such as (Bottiga), that you can find in most cities. A lot of little places are popping up now that are not franchises, which is great. They're all offering different styles of food to Saskatoon."

I've taken tons of setbacks. I love setbacks because it changes me every time and I think about before I had that setback, 'man I was an idiot.' — *McKay*



Nathan Duggan and Dale McKay work on their favourite dishes at Apten Kitchen & Bar. *Special photo by NICHELLE BIRD*

Both Valenti and McKay plan on opening boutique markets in their restaurants in 2014. Apten's will sell house-buttered meat, sausages, select cheese and charcuterie, while homemade bread and imported Italian products will be available at Barlogs. The plans may be a bit far for the two chefs' fans in Saskatoon's culinary evolution.

"We signed a three-year lease so I better be here for a while. I have no intention of leaving Saskatoon any time soon," says Valenti.

♦ ♦ ♦ ♦

As Saskatoon's culinary scene evolves, so too does diners' taste for quality. People are realizing the benefits of supporting restaurants

that source food locally. Farmers' markets are better than ever, and places like Southside Marketplace do brisk business.

If you're still questioning the support local stance, Valenti comes to it.

"I support local farmers (and as much local produce as possible. A lot of my herbs are grown by local farmers at the Glasshouse). From our Market! You're not getting a by-product. All my poultry is free-run, grain-fed chickens. It's not a processed bread like you would get at a franchise. There's no corn starch in my Alfredo. We make our pasta with fresh eggs and sometimes flour."

From grinding their own meat to baking bread, hand-making pasta

and sausage daily, McKay hopes Apten's quality will speak for itself.

"There's such a difference between store-bought and what people may be used to, and then getting something handmade," he says.

While Apten's kitchen team sources the food as locally as possible, it isn't something you'll see advertised. That's because McKay believes it should be a natural for a chef, not a marketing tool.

"I think it's just something you should be doing. If I live here, I'm going to use products from here. As a good chef, you should be. Why would I want to buy U.S. beef when we have beef here? We have great products. Am I going to risk it

does people's friends all the time? No."

The decision to support places like Barlogs and Apten is of course up to the consumer. What Valenti and McKay are hoping is that diners will consider a new option before resorting to an old standby.

♦ ♦ ♦ ♦

Three of McKay's employees and closest friends bailed in his kitchen enough to leave Vancouver and relocate to Saskatoon. McKay says he never would have spent Apten without them — the sense of family between these four friends is inseparable.

"I never would have taken this

space, I never would have done any of this stuff or this scale of things without them. There's no way it's just as much as you can love one of your friends."

His son, Apten is also extremely close with all of them.

The group arrived during a good time — it's easy to fall in love with this city in June.

But, as McKay says, "There's winter everywhere in Canada except for basically Vancouver and then you're under dark clouds for six months."

What possessed the trio to spend their lives and embark on a new life venture in our burgeoning little city? Go to Page 13 for the stories that with the Saskatoon newcomers.

WHERE TO EAT IN 2014

New downtown dinner spots to try



State and Main — 130 Second Ave. S., 306-954-6201

A Canadian franchise, several casual taverns and a range of globally inspired flavors (try the Dragon Boat Lettuce Wraps) in a lounge atmosphere that can get away from it busy location in the River Center. State and Main has arguably one of the best patios in the city come summer.



Congress Beer House — 219 Second Ave. S., 306-936-8717

If you love beer, this is the place for you. Congress serves a huge variety of down-to-earth prices that suit the thoroughbred main management and staff. The food is hearty pub style cuts but with a gourmet touch. Try the truffle popcorn and Chicken & J (chicken thighs with smoked apple wood chicken sausage).



Bottega Trattoria — 120 Second Ave. N., 306-654-2921

The Bottega team transformed the former Olympia into a sleek and modern Italian dining spot with exceptional service. The best thing on the menu is the eight-layer lasagna, a recipe passed down by chef Amanda Vella's grandfather and, if you're in the mood for pasta, you really can't go wrong here.



The Hub (located inside the Holiday Inn) — 101 Pacific Ave., 306-905-5000

A truly new place in an awesome location. The Hub is ideal for a lunch break from shopping at Midtown or for a pre-show cocktail and appetizer before you head to TDJ Place across the street. Check the Percecider Shrimp appetizer and soak in the downtown atmosphere beside the "Sue" toasting winebox.



Iron Tempa Cafe — 223 Second Ave. S., 306-242-6617

Enjoy a taste of New Orleans inside this tasteful spot. Stone walls are decorated with huge cowfish and black and white jazz portraits. While wrought-iron stakes attached to a gold-painted ceiling provide the perfect backdrop for a night of debauchery, "The Thing to do here?" Grab a group of six or more and try the Cajun Spiced Roul.

The Woods Alehouse — 148 Second Ave. N.

More below any Pilschick Woods alehouse is part restaurant/part music lounge. Performers always set some. There is an informal "stage" in the middle of the wood-heavy space. Local acts are always on display as well. The Earthbound Soft Pretzel Sticks are out of this world.



Woodfire Grill — 152 Second Ave. S., 306-653-3637

The focus here is on the restaurant's hearty comfort food cooked over an open pit (BBQ, hence the name). Gluten-free diners will rejoice, as will meat-lovers — there's plenty of seafood options too. The pulled pork is a great option.



Spicy Bites — 113 Third Ave. S., 306-373-4770

A second location perfect for those who can't get to Eighth Street. Spicy Bites knows Indian food. Buffets can be a bad choice but the one here is piping hot and full of the delicious, complex flavors for which Indian cuisine is known. The butter chicken here is some of the best in the city.

Bell n' Whistle — 243 Second Ave. S., 306-931-4411

A new addition from the Saloonier crew, Bell n' Whistle is a bar and bistro located in the former Odeon restaurant space. It can suffer an identity crisis — it's hard to tell if it's more a bar or a bistro? But the food and service is top notch, so quit questioning and get eating. Try the unique Portuguese Mushroom & Wild Rice Burger.

Mediterraneo — 119 Third Ave. S., 306-244-4777

It's been a Greek restaurant for years (with at times less than stellar food), but Mediterraneo is a recent rebranding. If you spot a cuisine on the lunch special board also made — you won't regret it. Follow up with a house-made Greek dessert and your day is set.

NEW DOWNTOWN COFFEE AND LUNCH SPOTS TO TRY IN 2014:

Mystic Area — #115 125 Fourth Ave. S.

Café Near Espresso Bar — 157 Second Ave. N.

Honey Bun Café — 167 Second Ave. S.

La Prep (located inside Scotiabank Centre Mall) — 123 Second Ave. S.

CITY NEWS

HOPE FOR MALAWI

Home Ec class helps change destiny for Malawi girls

By Jenn Sharp

Tucked away in a classroom at Mweni Royal College, where sewing got into the walls, is a small group of industrious students. Laughter frequently punctuates the air and the sound of whirring sewing machines is almost constant.

They were working overtime in Anne Nsonke's Home Resources class at Mweni Royal College to get a few hundred necessary supplies in ahead before Christmas holidays.

Called Destiny Pads, they live in a village district in Malawi, Africa through a local non-profit called Hope for Malawi.

Last September, Nsonke's students did an unusual design and donated any project for a shopping container bound for Malawi. Nsonke wanted to contribute to the 2014 shipment but was unsure how to help.

Then, Hope for Malawi's co-founder, Mweni Zuluwili, came to speak at the school. She posed a question to Nsonke: "What would you do if you thought that you could help girls in Africa stay in school?"

Zuluwili then explained the need for sanitary supplies — girls are not allowed to attend school in Malawi while menstruating.

"I had never thought about it. It had just never crossed my mind," says Nsonke.

"I bothered me to think of something so take for granted as something a lot of people have access to."

After researching materials and patterns, she got her students on board, many of them refugees or new immigrants to Canada and the project began in earnest.

"They understood the [going with our concept]. They were all over it," says Nsonke. The girls have been doing it. Zuluwili purchased whatever else was needed.

Nsonke estimated each girl would need five pads per month, in a matter of days her male students made 220 pads, enough to keep about 30 girls in school.



Mweni Zuluwili sews sanitary supplies to donate to Hope for Malawi. The supplies will be brought to a village for girls to wear so they can continue attending school while menstruating. IMAGES PHOTO BY JENN SHARP

Destiny Pads are made from several layers of flannel and terry cloth, the class did tests to determine which fabrics had the best absorbency. The pads are folded to underwear with safety pins.

A few of the young women aren't technically in Nsonke's class. One, Victoria Lukwase, 15, has permission from her teachers to help out during her break. She says she's happy to be a part of it.

It makes me feel so good that I can use my sewing skills to help other people. It's pretty easy and I'm my person as if I can do that and other people will benefit from it. I'll definitely help.

"I just want to help make a change and help people. It's so easy you just have to be passionate about it and speak up and ask questions."

Nsonke has been overwhelmed by her students' devotion to the project. "I don't even need to tell them what to do. I can't not let them as quickly as they can see sometimes."

Another person overwhelmed was Zuluwili. At a time for Malawi's rural women, Nsonke and Grade 12 student Nsonke. Each teacher made a surprise presentation of an additional 100 Destiny Pads. Zuluwili accepted the pads with tears in her eyes, explaining to the crowd how a small group of students in B-

keneshi will help change the destiny of girls half a world away.

"There's a saying in our village (in Malawi)," she said. "I see you with my heart."

While Nsonke knows she's helping girls in Malawi stay in school, she's also changing lives right here in this kitchen. Her classroom is a safe place, a place where she serves as teacher, friend and confidante to many of the west side high school. Zuluwili's class goes all stopping to chat with Nsonke, the women, many call "mom." It's that kind of classroom. Everyone feels comfortable.

Nsonke's class has set a goal for the 2014 shipment. They'll be making

an additional 100 Destiny Pads by May. That's when Zuluwili and her husband Peter will make their on-site visit to Malawi, taking the pads along with them.

"They told us they can take lots of luggage. They might be sorry they told us that," says Nsonke with a laugh.

Thank you Nsonke will also be making Destiny Pads. Nsonke is buying other schools come on board too.

For more information, go to www.hopeforafrica.com or email jsharp@hopeforafrica.com.

jsharp@hopeforafrica.com
Jenn Sharp is a freelance writer.

NEXT WEEK: How involved are you in your children's school life? Email bridges@thestarphoenix.com

PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

At what moment were you most proud of your children?



"Moments for me to feel proud were those when other parents and teachers, as well as myself, at the good tender compassionate behavior of my child at any age. Sometimes we miss it but when others see it, it reinforces that we have had a measure of success along the way!" —Gabbie Reemert

"From the moment my children were born I've been proud of them. Mya's proud mama moments have included: being removed from their nappies, coming off of oxygen support in the NICU and obtaining milestones that we were told they wouldn't likely reach!" —Michelle Goodrich

"When my son received his first medals for Kempo was just awesome. But after our last baby watching my older son and daughter both come up and be socialized and very gently kiss their new sibling like he is always been here not only calmed me up, but made me so proud to have such kind kids!" —Alyssa Cornuchewick

"The correct question would be: When were you NOT proud of your children? The answer would be: I'm always proud of my children. They are excellent."

Sunday Food Fun at the Farmers' Market

Sun. 12:30 and Feb. 9, 11 a.m. - 1 p.m. at the Saskatoon Farmers' Market.
Fun hands-on food projects for kids 4-12 years.
Tests, cooking, games and crafts.
\$20 for three session program. Pre-Registration required.
Registration forms available at the market or email Cathy.Lambert@sask.ca.
Check us out on Facebook for more info! (SaskatoonFarmersMarket)

growing more in their young lifetimes than I ever have or ever will! —Judy S.

"I'm proud of my children at EVERY moment. I cherish moments my sons and I've getting an award for being generous or getting along with others, sharing, Halloween-ready with the whole Church youth group without being asked, practicing, working, saving their own children (my grandchildren). Everything they do is an accomplishment and something to be proud of!" —Cathy Gendron

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MUSIC

FOLLOW BRIDGES ONLINE at thestarphoenix.com/bridges or you can follow us on Twitter @bridgesYXE or on facebook.com/BridgesYXE

BEST OF 2013

There are so many great local musicians in our province and we are proud of it. Their passion, drive and raw talent is impressive and we love hearing why they make the music they do. From rapists and producers to bands and country singers, we make it our mission to share their music and stories with our readers. Here are some of our favourite music photos from the past year. We can't wait to meet more great artists in 2014.

BRIDGES PHOTOS BY MICHELLE BERG



Rapper Siro stands in the empty parking stall.



Singer-songwriter Coley Elstrom on Broadway.



Oliver "Moose" Mott is a political poet in Saskatoon.



The dance floor is lit with couples dancing to music by the band England as they pay tribute to the band's brothers at the Hall of Madmen Festival in Saskatoon.

Factor poses in an embrace. Olavin Swickerton, 2013's best CD release. Mable Up4Knee.

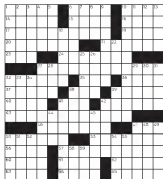


CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Utters an Indian
 6 Muddy subs with proofs
 10 NYC's
 14 Enraptured
 15 Free-spirited while
 16 Touched down
 17 Food critics
 18 Interests of
 19 Brilliant 10-Down
 20 Obscured
 21 Part of a Hebrew
 22 Contrived to Statute
 23 Notorious
 24 Super
 25 Very complicated
 26 Musical based on
 27 Director whose
 28 Victims are on a
 29 chessboard?
 30 One coming on board
 31 Biblical verb ending
 32 River under the Paris
 33 Sweeney offering
 34 _____ Chances N.Y.
 35 Follow the leader
 36 Identify on
 37 Facebook



PUZZLE BY SAMI KANON

DOWN

- 1 Penny whites on the
 2 Endless "I like"
 3 Series of fairs
 4 Eye-yielding about
 5 Helen of Troy's mother
 6 City with a
 7 Softly with some
 8 Symbol of strength
 9 James Stewart took
 10 Topography
 11 Burn application
 12 Chess starter
 13 Southern-Cross and
 14 Dutchess

- 12 One on the first stair
 13 Yule and dislocations
 14 Collections
 15 Trade from aware
 16 Fresh Trade in fairs
 17 Greek names of fire
 18 About on marion
 19 "I'm Fun Sister"
 20 Crew
 21 "The Hurt Locker"
 22 Selling
 23 The Complete (Adrian
 24 of Shakespeare) ed.
 25 Causes of Egypt
 26 Newspaper at noon
 27 Adversity (extended
 28 intent)
 29 Predecessor

Sudoku is the
 crossword puzzle and
 the Sudoku center
 found on Page 22

JANRIC
CLASSIC
SUDOKU

Level: ODD

All in the blank cells
 contain numbers 1 to 9.
 Each number can only
 appear once in each row
 (column and 3x3
 block). Use logic and
 arithmetic to determine
 the puzzle.

The difficulty level
 ranges from Beginner
 (easiest) to Master
 (hardest).

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<http://saskfunerals.ca>

Nuts About Nature
At Beaver Creek Conservation Area

It's local. My name's Chip, and I live at Beaver Creek Conservation Area. Visit any day with your family and friends and enjoy some time away from the city.



Dear Chip,
 What do chipmunks eat? Almonds



Excellent question my friend! Chipmunks are my kin, wonderful small rodents with adventurous taste. Stomping what they find great on an occasion like they find and eat food of nature they need to survive. Because of their need to sleep through much of the winter in a state called torpor, which is a little different than hibernation, the chipmunk stores a lot of non-perishable food in their burrows. They like to keep their burrows very clean, designating certain areas for their waste only.

Chipmunks are omnivorous, eating seeds, nuts, berries, frogs, worms, plants, and a egg and fungi. Some chipmunks cooperate with these and other small fungi-eating animals so that they depend on them to dig up the spores. This is really good for the ecosystem because many of these fungi form beneficial symbiotic relationships with the plants and trees. One of their favorite foods here is the rose-hip seed, but they know of its fuzzy dangers and crack it open and eat the inside. Thank you for your question to me at the address below, then watch Bubbles for the answers.

Your pet, Chip

Editor: Janice Thomas Smith
 Editor: Janice Thomas Smith
 Editor: Janice Thomas Smith
 Editor: Janice Thomas Smith

Website: <http://www.chipmunk.com>
 Email: chipmunk@chipmunk.com



Meewasin

ON THE SCENE

NEW YEAR'S EVE GALA

The Seabrook Summer Players celebrated 50 years of musical theatre with their first ever New Year's Eve Gala at TCU Place. It was a reunion for close to 200 alumni, patrons and the public. The evening started off with cocktails and dancing with cocktails, photos and props followed by a video with interviews during the dinner. A live show of some favorites, songs from the last 50 years entertained guests and a dinner with DJ Robert Reynolds closed off the night, leading to the midnight countdown.

1. Shirley Finkel and Lily Chin

2. Seeyuan Richardson, Blake Cummings and Jon Duggally

3. Jodi Benarration and Dylan von Kester

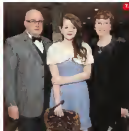
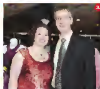
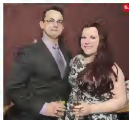
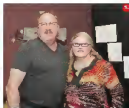
4. Brad McDonald, Carolyn Waage, Meghan McDonald and Bobby Williston

5. Lee and Verne Lussak

6. Micah Cowpal and Emily Totemak

7. Glen McDonald, Carolyn McDonald and Wade McDonald

BRIDGES PHOTO BY MICHELLE BERG



EVENTS

MUSIC

Wednesday, Jan. 8

Catherine Lowrie
Black Creek Tap & Grill,
192-1629 McDowell Dr.

Thursday, Jan. 9

Kelly Deed and Brent Taylor
Crockers Restaurant &
Lounge,
1-227 Pheasant Dr.

Jazz Jam w/ The Kim Seibold Trio
The Basement,
202 Fourth Ave. N.

Friday, Jan. 10

Hano Friday w/ Bill Currie
Roots (Jazz, R&B, Soul)
Clayton w/ Mike Sitar
The Basement,
202 Fourth Ave. N.

Jan Martens
McMurry Robinson,
3100 Eighth St. E.

The Rhythmites
Harold's Senior Citizens' Center,
103 Pheasant Ct.

Ponder Voice
Toan Town Tavern,
3100 Pheasant Ct.

EC Band
Angela Carolina,
642 Sixth St. E.

Saturday, Jan. 11

Primo Barrios: The Martin
Sanchez Orchestra
The Basement,
202 Fourth Ave. N.

Duffwood
Muzika Legion,
3021 Louise St.

The Herms
Dunsmuir Legion,
646 Squawka Creek W.

Whiskey on a Sunday
McMurry Robinson,
3100 Eighth St. E.

Switch Up! w/ The Matt
Remands Ensemble, Gent
of Eden, Fire Lily, Scripted
Sonnet, Belvoir and Desk
Belvoir
Armstrong Centre,
632 10th St. E.

Sunday, Jan. 12

Driftwood
Nurture Legion,
3001 Louise St.

ART

Mandal Art Gallery
Jan. 11 at 930 Squawka Creek E.
The fifth annual MAND art
party and fundraiser, from
8 p.m. to 10 p.m. What were
going to do for details. This new
winter exhibitions are January 24. The fifth annual MAND art
party and fundraiser, from
8 p.m. to 10 p.m. What were
going to do for details. This new
winter exhibitions are January 24.

Art in the Centre
Until Jan. 31 at Parkview Cen-
tre, 10 Grepper Cr. A variety
of work by Mayfair Artists

Affinity Gallery
Jan. 10 until Feb. 22 at 893
Broadway Ave. Put a little
in it by Michael Hovaville. New
works inspired by recent
experiments with metal
working. A reception will be
held January 17 from 7 p.m. to 9 p.m.

SEVAP gallery
Until Jan. 24, at 253 Third Ave. S.
Secret Places by Jasmine
Peters. Her first solo show of
Intuitive Ink expressions. A
reception will be held Jan. 10
from 6 p.m. to 9 p.m.

Musik Craft Bar
Jan. 10 Jan. 20 at 411 Harold Ct.
Photography by David Leno-
vich, on sale and display

Wanakaum Heritage Park
Until Jan. 20 at the park on
Pheasant Blvd. Wanakaum
in Plain Art. The art pieces are
inspired by spring and fall
plant or seasonal art on the park.

Wetmore Library
Through January in Wetmore
Winter scenes, art for the
season and the holidays.

Handmade House Show
Until Feb. 1 at 700 Broad-
way Ave. Contemporary,
Eclectic, Vintage, Scenic
and Shows by the Thrift Art
Group.

66 Thomas More Gallery
Until Feb. 3 at 1437 College Dr.
Art show by Marjorie Quinlan.
An opening reception will be
held Jan. 10 from 7 p.m. to 9
p.m.

Black Spruce Gallery
Open through this winter at
Northside Antiques on high-
way 2, after Glou, a group
show.

Art in the Centre
Until Jan. 31 at Parkview Cen-
tre, 10 Grepper Cr. A variety
of work by Mayfair Artists

SPECIAL EVENTS

Warrior of the Plains's
Golden Age
Jan. 10, 7:30 p.m., at 96. An-
derson's Presbyterian Church,
436 Squawka Creek E. The 10th
anniversary season opener
of the Lynn's South West
Society. Nineteen century works
by Ruth Bland, Muskegon,
Tulsa, and Chicago.
Featuring piano, violin,
cello. A pre-view talk by
Rita J. J. Chubbins starts
at 6:45 p.m.

Canadian Federation of
University-Women's January
Lunches
Sat. and, January 11 at the
German Cultural Centre
Guest Speaker: Barbara
Sapich on "The Future of
Public Publishing." Tickets are
\$25.00 from Jan. 10 at 309-
373-2920 or Gailly at 309-
342-0600.

BHP Billiton Environmental Fer-
ret Holiday Light Tour
Until Jan. 11, 5:30 p.m. to
11 p.m., at The Saskatoon
Horticultural Park & Zoo.
The drive-through Christmas
display celebrates the 15th



The Anna Quinlan will be performing Jan. 10 at Wetmore United Church. Photo by Michelle Rina

anniversary. Funds raised
support the Saskatoon Zoo
Foundation and the
Saskatoon City Hospital
Foundation.

U of S Award Quarter
Jan. 11, 7:30 p.m. to 8:30 p.m.,
at Third Avenue United
Church. They begin to
support the Northwest cycling
10 young adults in the
concert.

Sunday Food Pan at the
Farmer's Market
Jan. 12, 10 and Feb. 9, 11 a.m.
to 1 p.m., at the Saskatoon
Farmer's Market. A hands-on
food program for kids ages
nine to 12. Taste testing,
cooking, games and crafts.
Pre- or post-market required,
stop by the market or email
Cady@langdon@assn.ca.

The History of the Jazz
Trumpet Lecture and
Rehearsal
Jan. 12, 7:30 p.m., at Con-
versation Hall at the U of S.
Conversation and Jamming
Dean McNeill Lecture on the
role of the trumpet through-
out history. With a recital of
musical improvisation
performed by Dean McNeill
on trumpet, Mark DeLong on
woodwinds, Jan. McNeill on
drums, Sean Nielsen on bass,
Erika Rybicki on trombone
and Graham Pritchard on
piano/percussion.

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Anton Gaskin's The Cherry Orchard
Runs Thursday to Sunday
until Jan. 19, 6 p.m., at The
Refractory, 609 Balfour Ave.
Presented by Live Live Live
Five Independent Theatre
and produced by Theatre
Naught. An atmospheric
family reunion as the three
to face hard choices and an
uncertain future.

SHARP EATS

See a food trend you think deserves a highlight in Bridges?

Email bridges@thestarphoenix.com

or visit Bridges on Facebook

BEST OF SHARP EATS FOR 2013

It's been one heck of a year for Saskatoon's food scene. Restaurants are opening faster than most can keep track of in both Saskatoon and Regina. Many are locally-owned establishments that focus on fresh ingredients sourced from producers in the province. Historically, franchise chain restaurants have done well in Saskatoon, which speaks to the ability of our people to deal with food and atmosphere. But conceptions of what quality really means are changing, and diners are supporting that trend. Every week in Bridges in Saskatoon and QC in Regina, columnist Anne Sharp highlights what's happening in Saskatoon's foodie circles, with recommendations on new places or products to try and information about why it matters. Food is not simply a sustenance. It's an integral part of our culture and our life. And life is too short to eat bad food.

BRIDGES PHOTOS BY MICHELLE BERG



Bakery scenes



Plumard Hill Bakery Owner and Paul has been making doughnuts and sugar cookies on his own for six years. The bakery opened in 1936.



Brenda Salasak puts her finishing touches on a superbite birthday cake at the Sugar Moon Cakery.



A kitchen tip: a little bit of oil can make a dish taste better.



Executive Chef Remy Perre prepares a couple of dishes in the kitchen at Gastrea Diner, Casper.



Phoebe Sun (center) gets ready for Christmas at Saskatoon.

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bdnson@shaw.ca. One winner will be chosen each week.



Last week's contest winner is Allya Clarke. Thanks to everyone who submitted entries.



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WINE WORLD

#HOUSE OF MANDELA CABERNET SAUVIGNON

Wine from house of former RSA leader a fitting tribute

By James Romanow

It seems appropriate as the world marks the passing of one of South Africa's greatest statesmen—and for that matter, one of the world's—to drink a Mandela wine. The winery is named by the Mandela clan, which is both a good and a bad thing.

Nelson Mandela's personal life was as tumultuous as his political career. Not all of his offspring, relatives and even his wife, Winnie, admired his people. Moreover, I've never been convinced that buying a bottle of wine that goes, say, 20 cents from each purchase to the point, to be a sound way to support charities and political causes. After all, if you really want to support the point, buy the wine, give the whole tin to the point and let particularly righteous, day weekend wine was I tell you.

Whether buying the Mandela Cabernet Sauvignon is a really appropriate way to show respect, I'll leave to your judgement. In this case, the winery is also working to make Fair Trade its hallmark, which I hope and imagine works out to decent pay for the labourers, something I can sign off on.

I've been drinking South African wine for 30 years, both the pre- and post-apartheid era. I do so because most of their wines are well made and good value for the money spent. This is a good example of why I shop the section.



Finally, with decent structure and fine tannins, this is a nice example of a mid-market cabernet. The bouquet is pleasantly herbal with lavender and tobacco, and the palate is second and last. In short, this is a perfectly drinkable table wine for your winter dishes—whether steaks or stews.

House of Mandela Cabernet Sauvignon, South Africa, 2010, \$15.99.

More wine throughout the week on Twitter @jromanow.

Crossword/Sudoku answers

| | | |
|--------|---------|--------|
| METAL | GEOM | LAYS |
| ASONE | REAR | ALIT |
| SQUID | MARKS | NOVA |
| OUTLAI | HYDRA | CLAR |
| NES | NEWSIES | |
| SQUARE | ETACTIC | |
| HIERES | ETD | ARNO |
| GRAND | LAD | APERS |
| TAGS | DOT | ALFRED |
| SQUID | ETACTIC | |
| THE | ETACTIC | |
| ACTION | ETACTIC | |
| DEOD | ETACTIC | |
| DOME | ETACTIC | |
| SPED | ETACTIC | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 3 | 2 | 1 | 9 | 6 | 5 | 8 | 7 |
| 5 | 6 | 1 | 4 | 7 | 8 | 3 | 9 | 2 |
| 9 | 8 | 7 | 5 | 3 | 2 | 6 | 4 | 1 |
| 6 | 7 | 4 | 9 | 1 | 5 | 2 | 3 | 8 |
| 1 | 2 | 9 | 3 | 8 | 4 | 7 | 6 | 5 |
| 3 | 5 | 8 | 6 | 2 | 7 | 4 | 1 | 9 |
| 2 | 1 | 3 | 7 | 4 | 9 | 8 | 5 | 6 |
| 7 | 9 | 5 | 8 | 6 | 3 | 1 | 2 | 4 |
| 8 | 4 | 6 | 2 | 5 | 1 | 9 | 7 | 3 |



Next week in BRIDGES

Chandra McIvor's aim is to have safer schools for every student in the province

GARDENING

#GARDEN PLANNING

A sure sign of spring — the seed catalogues

By Erl Svendsen

For me, seed catalogues arriving in the mail is just as sure a sign of spring as the longer days just after winter solstice decrease the -30 C that I wake up to today as I'm writing this certainly isn't doing it for me). Seed companies send out just the number and variety of mail-order customers in more expensive than ever. There are the mail-order companies like the department stores selling an entire selection of customers (and a few specialty) vegetables and flowers. If your tastes are more specific or you order to the mail, there are specialty boutique mail-order seed and plant sellers for you too.

Many have put on the headgear and now offer organic seeds as well as promoting themselves as GMO free (not that there are no extensive studies of GMO vegetable food crops to start with and no GMO flowers, that I know of). Most companies have adopted to the new world order sport up colorful websites and online advertising (with some Internet specialists). But for the Luddites among us, paper catalogues (some for a modest price) and mail-order forms are still accepted by all.

Seed catalogues offer more than just lists of seed varieties and their prices. There are descriptions, days to harvest, fruiting/bearing, or calamity same history, awards and growing tips. Online seed company websites offer more in depth or related information on growing, post can fruit, production guides, comparison charts and more. And besides seeds, many companies offer plants, tools, supplies, books, clothing, weather instruments, chemicals, etc. But note, depending on where you live or where the seed company is shipping from, not all products may be available to you.

Some of the department stores' seed catalogues that I purchase regularly (not often as I start planning my vegetable garden) include Stokes (www.stokesseeds.com), T & T

seeds (www.tandtseeds.com), Johnny's Selected Seeds (www.johnnyseeds.com) and Wood's Seeds (www.woodsseed.com). I would be remiss (and likely in receipt of a phone call or trip if I didn't include Baker's Garden's Early's Farm and Garden (at 1801, www.earlysgarden.com) in my list here. In addition to selling seeds, equipment, fertilizers, growing media, and much more for the gardener in their two brick and mortar stores, they offer all their seeds and more garden supplies through a full colour mail order catalogue for out of towners in Stockton, Oregon and beyond.

Baker's Herb Specialists (www.herbspecialists.com), a 'boutique' supplier, offers both herb seeds and seedlings. A few years ago they expanded their offering with Herb Seed, a selection of rare and endangered food plants from around the world. If you're interested in growing heritage plants, Heritage Harvest Seeds of Canada, also offers heirloom vegetable, fruit and herb seeds (and a few recipes). They have an especially large selection of heirloom tomato cultivars. In search of the unusual, I used to curiously read through The Good and Beautiful Seed Catalogue, an old catalogue in which the same way that some may read through the Sears Christmas Wishbook. They sell seeds from around the world, kids that are fun and many that are exotic, weird and wonderful. For the more adventurous and the dreamers, it's well worth looking through.

There are too many general seed suppliers as well as the many specialty suppliers (at least, I hope, personally against, rather, outside out and out) to list here. But notably there is an excellent Canadian online resource www.OntarioGarden.com. Select 'Suppliers' to search by category (greenhouse, patio, country or beyond). List company contact information (listing web link if available) is included. Contrast exploring the site to discover online reviews articles contact information for horticulture clubs in your area,



There is nothing more exciting to gardening enthusiasts than a new seed catalogue arriving at their door. **STOKES SEEDS**

sponsoring events, book reviews and blogs.

One last thought: While seed catalogues are fun to read through and informative, don't forget about your

local garden centers. Their selection may be less wide-ranging but what they have is likely to be tried and true in your area. And you may be surprised at the variety available plus to

shipping costs to contend with.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca). **ACCORDING TO JACQUELINE**

GMG Jewellers
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Swinging with the Stars

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SASKATOONS FUNNEST FUNDRAISER IS BACK FOR ROUND TWO!

January 25
8TCU Place

Cocktails at 5:30pm
Dinner at 6:45pm
Dancing Stars
at 7:30pm

Free Salsa Lessons
& dance to follow

2014 Dancing Stars:

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